





## Deborah Madison's Ivory Carrot Soup with a Fine Dice of Orange Carrots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



223 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon butter
- 1 tablespoon carrot tops green minced fine
- 1 pound carrots white scrubbed thinly sliced
- 3 tablespoons carrots diced finely
- 4 cups chicken stock see light
- 1 tablespoon olive oil
- 1 onion thinly sliced

- 4 servings pepper freshly ground
- 4 servings sea salt
- 0.5 teaspoon sugar
- 1 thyme leaves
- 1 tablespoon rice raw white

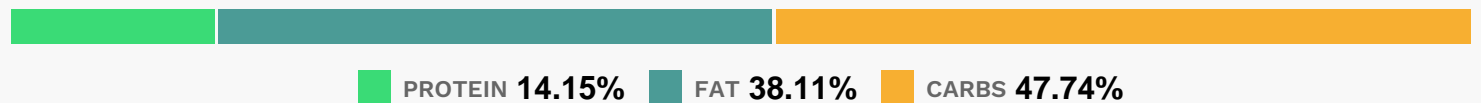
## Equipment

- bowl
- ladle
- pot
- blender

## Directions

- Warm the butter and oil in a soup pot and add the onion, white carrots, rice, 1 teaspoon salt, and the sugar and thyme. Cook over medium heat for several minutes, turning everything occasionally.
- Add 1 cup of the water, cover, turn down the heat, and cook while you heat the remaining 3 cups water. When the water is hot, add it to the pot, cover, and simmer until the vegetables are tender, about 20 minutes.
- While the soup is cooking, cook the diced carrots in salted boiling water for about 3 minutes and then drain.
- When ready, let cool slightly, then remove and discard the thyme sprig. Puree the soup until smooth in a blender. Taste for salt and season with the pepper. Reheat if it has cooled.
- Ladle the soup into bowls, scatter the diced carrots and carrot tops over each serving, and serve.

## Nutrition Facts



## Properties

Glycemic Index:94.74, Glycemic Load:6.68, Inflammation Score:-10, Nutrition Score:14.842608580447%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

## Nutrients (% of daily need)

Calories: 223.31kcal (11.17%), Fat: 9.6g (14.76%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 22.98g (8.36%), Sugar: 11.37g (12.64%), Cholesterol: 14.73mg (4.91%), Sodium: 646.9mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin A: 20931.35IU (418.63%), Vitamin B3: 5.19mg (25.97%), Potassium: 699.05mg (19.97%), Vitamin K: 19.56µg (18.63%), Vitamin B6: 0.36mg (17.94%), Vitamin B2: 0.3mg (17.82%), Fiber: 4.07g (16.26%), Vitamin C: 13.19mg (15.99%), Manganese: 0.27mg (13.58%), Phosphorus: 125.98mg (12.6%), Vitamin B1: 0.18mg (12.13%), Copper: 0.21mg (10.37%), Folate: 41.44µg (10.36%), Vitamin E: 1.49mg (9.94%), Selenium: 6.14µg (8.78%), Iron: 1.37mg (7.59%), Magnesium: 28.88mg (7.22%), Calcium: 70.72mg (7.07%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.42mg (4.18%)